

# Santa Ana Community Wellness Program


## Activity Calendar

### December 2015

Classes/activities will be held at the  
Tamaya Wellness Center.

For information, or to register for the cooking class, please contact  
JoAnna @ 771-6763 or JoAnna.Garcia@santaana-nsn.gov

NAME: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>* Denotes ongoing regular classes</i>  <b>*ZUMBA</b> <b>5:00-6:00 pm</b>	<b>*YOGA</b> <b>9:00-10:00 am</b>  <b>*ZUMBA</b> <b>6:00-7:00 pm</b>	<b>*TOTAL BODY FITNESS</b> <b>6:00-7:00 pm</b>	<b>*ZUMBA</b> <b>6:00-7:00 pm</b>  <b>*YOGA</b> <b>6:00-7:00 pm</b>	<b>*TOTAL BODY FITNESS</b> <b>6:00-7:00 pm</b>		
		<b>1</b>  <b>PLEDGE NO SODA STARTS</b>	<b>2</b> Add extra vegetables to your sandwich, soups, or casseroles. _____	<b>3</b> Snack on air popped or microwave popcorn. _____	<b>4</b> Don't go to parties hungry. Have fruit & water before you go. _____	<b>5</b>  <b>Group Exercise: Kickboxing</b> <b>5:00-6:00 pm</b>
<b>6</b> Go for a 15-minute walk. _____	<b>7</b> <b>Group Exercise: Light Aerobics</b> <b>5:30-6:30 pm</b>	<b>8</b> <b>Diabetes Support Group 1:30 pm</b> <b>TWC Room 120</b>	<b>9</b> Eat yogurt as a snack today. _____	<b>10</b> <b>Group Exercise: Stretch and Relax</b> <b>5:00-6:00pm</b>	<b>11 Group Exercise: High Intensity Interval Training</b> <b>5:00-6:00 pm</b>	<b>12</b> Take the grocery cart back to the store. _____
<b>13</b> Limit fast food this week. _____	<b>14 Eat Well Tamaya Holiday Baking Class</b> <b>5:30 pm-8:00 pm</b> <b>*limited registration</b>	<b>15</b> Combine fresh fruit with Greek yogurt and almond slices. _____	<b>16</b> Choose unsweet tea instead of sweet. _____	<b>17</b> <b>Group Exercise: Stretch and Relax</b> <b>5:00-6:00pm</b>	<b>18</b> Use a salad plate instead of a dinner plate. _____	<b>19</b>  <b>Group Exercise: Spinning</b> <b>5:00-6:00pm</b>
<b>20</b> Work out with a buddy today. _____	<b>21</b> <b>Group Exercise: Light Aerobics</b> <b>5:30-6:30 pm</b>	<b>22</b> <b>NO TOTAL BODY FITNESS CLASS!</b>	<b>23</b> Park in the furthest parking place where ever you go. _____	<b>24</b> <b>NO TOTAL BODY FITNESS CLASS!</b>	<b>25</b> 	<b>26</b> Limit yourself to two cookies. _____
<b>27</b>  <b>NO ZUMBA CLASS!</b>	<b>28</b>  <b>NO ZUMBA or YOGA CLASS!</b>	<b>29</b>  <b>NO TOTAL BODY FITNESS CLASS!</b>	<b>30</b> Enjoy high calorie, high sugar foods in moderation. _____	<b>31</b>  <b>PLEDGE NO SODA ENDS</b>	